



2024 Meet Schedule

June 15	Dale City	Away
June 22	Southbridge	Home
June 29	Meadowbrook	Home
July 6	Ridgewood	Away
July 13	Ben Lomond	Away
July 20	Urbanna	Home
July 27	Black Division Championship	Away

2024 Practice Schedule

Morning Practices (June 11th – July 26th)

Monday Fun Day

Ages 12 and under	8:00 am – 9:00 am
Ages 13 and up	9:00 am – 10:00 am

Tuesday through Friday

Ages 8 and under	7:45 am – 8:30 am
Ages 9 to 12	8:30 am – 9:20 am
Ages 13 and up	9:20 am – 10:20 am

July 20 Home Meet Timeline

OBB 12 & Under Warm-up	6:10 am – 6:20 am
OBB 13 & Up Warm-up	6:20 am – 6:30 am
Visitor Warm-up	6:30 am – 6:50 am
1st Shift Volunteers Report	6:55 am
Meet start	7:00 am

OBB swimmers should arrive at the pool with enough time to be ready and on the pool deck for their designated warm-up time.

**In the spirit of competition
In the pursuit of excellence**



Congratulations Breakers!



OBB: 2,911

vs.



Flying Ducks: 1,454

Congrats on a great win over the Ben Lomond Flying Ducks on Saturday! Despite the early rain our Breakers delivered impressive swims. Way to go Breakers!



Contributing amazing time drops for the Breaker cause were: **Isabel Relihan** (36.19), **Athena Hille** (19.66), **Cassidy O'Connor** (15.24), **Quinten Bannan** (12.22), **Ellie Seymour** (11.96), **Avery Seeger** (11.95), **Dylan Baerga** (11.27), **Bella Davis** (10.45), **Benjamin Terndrup** (9.94), **Andrew Beaty** (9.86), **Jacob Seymour** (9.07), **Avery Mardeusz** (8.33), **Noelle Kabazzi** (7.17), **Luke Fetchko** (4.73), **Reem Srayi** (4.68), **Adam Reghay** (4.66), **Naomi Kabazzi** (4.13), **Emi Shalal** (3.63), **Addy Mardeusz** (3.1), **Phoenix Davis** (3.07), **Nolan Loera** (2.96), **Ryan Regan** (2.79), **Claire Loera** (2.74), **Alexander Kitta** (2.69), and **Ethan Regan** (2.6).

Keep reading for more great OBB swimmer highlights from our meet with the Ben Lomond Flying Ducks!

Questions?

Please contact Elizabeth George, OBB President, at elizabeth.ann.george@gmail.com

Meet Recap: Old Bridge Breakers vs. Ben Lomond Flying Ducks

Additional time drops earned by: Adam Fisher, Amber Berghauser, Ashley Baerga, Aubrey Mathis, Aubrey Zachariasen, Austin Terndrup, Ayden Landers, Celeste Kipoliongo, Connor Bragdon, Declan Relihan, Declan Smith, Dominic Mastrianni, Eleia Valencia, Eloise Relihan, Emma Ali, Emma Valencia, Ethan Miller, Ethan Seeger, Evan Wieczorek, Grace Mulligan, Henry Harkins, Isabella Terndrup, Josh Gold, Logan Zachariasen, Makenzie Shepherd, Mia Hutchison, Mila Ali, Miles Smith, Natalie Butler, Nihal Srayi, Nizar Reghay, Nolan Lucariello, Piper Mathis, Sera Wheeler, Thrace Bartlett, Timothy George, and Tyler Wieczorek.



Swimmers with first place finishes in one or more individual events: Adam Fisher, Anna Fetchko, Ashley Baerga, Aubrey Zachariasen, Avery Lucariello, Ayden Landers, Celeste Kipoliongo, Eleia Valencia, Ethan Miller, Evan Wieczorek, Isabel Relihan, Jacob Seymour, Julia Kitta, Lilliana Davis, Logan Zachariasen, Makenzie Shepherd, Miles Smith, Nihal Srayi, Nolan Loera, Nolan Lucariello, Phoenix Davis, Rio Bartlett, Timothy George, and Tyler Wieczorek.



Swimmers with [top 25 times](#) in the county this week: Nolan Loera, Timothy George, Logan Zachariasen, Nolan Lucariello, Rio Bartlett, Adam Fisher, Ethan Miller, and Julia Kitta.

Congrats to the following OBB relay teams, who had [top 15 times](#) in the county: Boys 11-12 100 Meter Medley, Boys 8&U 100 Meter Free, Girls 8&U 100 Meter Free, and Boys 11-12 100 Meter Free. Way to go!

Prince William Swim League (PWSL) Results

Each week, Prince William County Swim League releases all of the swim meet scores from across the county. You can find detailed PWSL week five results [here](#).

Week 4 League Correction: PWSL's initial [results](#) contained an incomplete meet, leading to omissions in the top 25 and top 15, including our own **Evan Wieczorek** and **Julia Kitta**, as well as our **Boys 8&U 100 Meter Free**, **Girls 8&U 100 Meter Free** and **Boys 11-12 100 Meter Free** relay teams. Congratulations Breakers on your great swims with the Ridgewood Barracudas and some well-deserved recognition!

This Week! Home Meet vs. Urbanna

This week we will be swimming at home hosting the Urbanna Otters! Urbanna is a similar size to our Breaker team, so it should be a nice competitive meet. As always, we look forward to seeing all of our Breakers bright and early and ready to give their all in the pool! **When swimmers have finished their races, check in with a coach before leaving the meet; coaches may need swimmers to stay and swim a relay.**



Parking

Please do not park in anyone's driveway or pipestem, in front of any yellow painted section of the curb, or too close to an intersection during practice or any of our home meets. We want to keep our neighbors happy by making it easy for them to get in and out. Please be considerate of our neighbors when parking and unloading your cars early in the morning – especially before home meets. Try to resist slamming doors and loud talking.

2024 Regular Season Concessions Menu & Pricing

Beverages.....	\$1
Candy.....	\$1
Chips/Snack.....	\$1
Doughnuts.....	\$1
Assorted Crackers Pack.....	\$1
Rice Krispy Treats.....	\$1
Ring Pops (2).....	\$1
Hot Dogs.....	\$2
Breakfast Burrito.....	\$3
Breakfast Burrito w/ Sausage.....	\$4
Fruit Cups.....	\$4
Hamburgers.....	\$4
Cheeseburgers.....	\$5
OBB Griddles (2).....	\$5
Garlic Parmesan Chicken Kabob.....	\$7
Pulled Pork Sandwich.....	\$7
Brisket Pork Sandwich.....	\$7

Concessions are cash-only!

Meet Commitments

Parents must let the coaches know if their child will be swimming in each meet via our OBB TeamUnify site (www.obbreakers.org).

If your child is committed to a swim meet, please make every effort to communicate with a coach if you need to leave early, including adding a note to your commitment on our team website. Especially for the relays at the end of the meet. If we know ahead of time we can find another swimmer to fill in. If there are not 4 swimmers the relay can't swim. That leaves some disappointed swimmers who stayed to the very end of the meet.

Do not assume your child is not in a relay. Check the meet entries all the way through the last event.

***** PLEASE COMMIT OR DECLINE YOUR SWIMMER BY 11:59 PM SUNDAY *****

Sponsor Alert

Stealth Swim Team, a 2024 OBB Gold Sponsor, will be at our meet this Saturday, July 20th. Make sure to visit the Stealth Swim Team table and show your support for a perennial sponsor of the Old Bridge Breakers!

We'll also be joined by **Seasonal Roots**. Stop by to learn more about how Seasonal Roots brings healthy, delicious food to our community, hear how to support local farmers and artisans, and raise money to support our Breaker swimmers!



2024 Divisionals are almost here!

Next weekend we'll wrap up our 2024 season by competing with two other teams, the Lake Manassas Blue Dolphins and the Ridgewood Barracudas, in the Black Division championship meet (often referred to as "divisionals")! It should be an exciting day of swimming as we swim for first place in our division against two great teams.

Championship meets are usually very close in score right up until the end and are often decided by relays, so we'll need all our Breakers to show up ready to swim their hearts out – this is surely the meet to 'leave it all in the pool'!

This meet will be seeded very strategically so coaches will enter swimmers in events where they will most likely score points. Therefore, requests for specific events are not necessary unless there is an injury the coaches should be made aware of. Team entries are due to the league earlier than normal for this championship meet so it is imperative that all swimmers who plan to participate are committed to the meet via our website, www.obebreakers.org, as soon as possible – **by Saturday, 7/20 at 11:59pm!**

Divisionals Week Fun!

The fun starts this Monday, July 22nd! We have special events planned after each practice (any 13 & over swimmers who'd like to participate can plan on joining before their practice). Join us as we celebrate our OBB Olympic spirit and get pumped for our final meet of the season!

Each day, we will have a themed activity for our swimmers to enjoy. We'll be set up in the parking lot by the shed, so be sure to make your way up there and have some fun.

- Monday - Olympic medal-making craft (13 & overs can come during Monday Funday before water polo)
- Tuesday - Olympic "torch" cupcake decorating
- Wednesday - Get your photo with Zeus!
- Thursday - Olympic games/ relays
- Friday - Annual coin dive and pancake breakfast

Coach's Corner w/ Coach Nicole

Grit and Swimming

Why is swimming so good for young people? As soon as you dive into the pool, you're on your own. You can't hear your coach, ask questions, or call a timeout. Your coach can't even be with you behind the blocks when you start. Swimming forces you to take ownership of your performance.



All those laps in practice, silly drills, moving your arms one way, your feet another, keeping your head in the right spot, maintaining body position, knowing when to breathe, diving in correctly, and doing your turns correctly. It's NOT an easy task! And you do this while everyone is watching. What you are doing every day is amazing! Be proud of yourself no matter what your time is at the meet, be proud if you get a DQ, be proud no matter what.

Have you ever heard of grit? According to the article [What is Grit](#), you can have all the talent in the world, but you will never achieve your goals without effort. This is why grit is the foundation of success. Research shows that being gritty—sticking with things that are important to you and bouncing back from failure—is a key part of success.

Keep up the great work and **don't forget those caps!!!!**

Breaker Photos

Thank you to those that have uploaded photos for our meet photo albums this season! Check out Google Photos for recent OBB events!



Ben Lomond Flying Ducks

<https://photos.app.goo.gl/ce9hSUK7AfKvh6u6>

OBB Practices, Monday Funday, & Water Polo

<https://photos.app.goo.gl/m9MP58iusW9bdtX9>

OBB Social Events

<https://photos.app.goo.gl/2x6tg5YdjiGBkaFQ9>

We love our coaches!

We love our volunteer and junior coaches and want to be sure they know it! Please join us in thanking them for all their hard work this season. It's easy to show your gratitude – just pitch in to the gift collection, all we receive will be shared with the entire volunteer and junior coaching staff..



THANK YOU OBB COACHES!

You can contribute via Venmo to @laudelina-beaty (QR code available!) with a note about OBB coaches gifts; or see Linda Beaty at practices, swim meets, and our family pool party to make a cash donation. Make your donation by July 26th!

Coaches' gifts will be presented at our awards ceremony on Sunday, July 28th. Thank you!

laudelina beaty
@laudelina-beaty



venmo

OBB Social Summer



Breaker Pool Party

The OBB pool party is HERE! Join us this Saturday, July 20th from 8pm-10pm. We've rented the pool for a night of fun—kids are welcome to bring floaties, and we'll have beach balls, music, and some glow stick fun. Feel free to bring a snack to share. It's a great time for the kids (and parents!) to celebrate all their hard work this season and the new friendships we've made.

Coin Drive

Breaker families, we are in need of your spare change! A highlight of divisionals week happens on Friday at the end of practice when swimmers get to dive for coins. Will you help us by sharing some of your spare change? Keep an eye out for Linda Beaty and her coin bucket this week and next at practices!



OBB Social Spotlight



OBB families enjoyed some splash time at Pirate's Cove and cool treats at Frosty Moose!

OBB Annual Awards Ceremony

Don't miss out on the fun as we wrap up the 2024 season... Please join us as we celebrate our swimmers, coaches and volunteers and look back on the summer with our amazing annual OBB video!



OBB 2024 Awards Ceremony
Sunday, July 28th
3:00pm - 6:00pm



Garfield Senior High School Auditorium

If you are unable to attend the awards ceremony, please make arrangements for another family to pick up your swimmers' awards, and email your intentions to Laura Sigman at laura_sigman@hotmail.com.

OBB July Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Happy Fourth of July! NO PRACTICE	5	6 Ridgewood (Away)
7	8	9 Social Event: Pirates Cove Water Park (11 am)	10 OBB Spirit Night at Frostie Moose	11	12	13 Ben Lomond (Away)
14	15	16 Swim for Hope Event (pm)	17	18	19 Set Up (pm)	20 Urbana (Home) OBB Pool Party! (8pm)
21 DIVISIONALS WEEK! ➡	22 Olympic-themed Craft Activity	23 "Torch" Cupcake Decorating	24 Pictures with Zeus	25 OBB Olympic Games	26 Coin Dive/ Pancake Breakfast Car decorating (pm)	27 DIVISIONALS at Ridgewood!
28 End of Season Awards Ceremony	29	30				

Thank You to Our Current 2024 Gold Sponsors!

